



the St. Anthony Parish VOICE

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All I longed for...



Emmaus 2018

Emmaus weekends offer means for fulfillment

What is the one thing YOU want more of in life and work or retirement? Listed below from a recent national poll are 10 things people want in life but seem to struggle to get:

1. Happiness: Happiness may continually escape us because, firstly, we don't really understand exactly what will make us happy. We just don't know ourselves well enough. Secondly, we search outside of ourselves for happiness - in a job, a spouse, a family, a title, a paycheck, a fancy house. As a result, Happiness is constantly out of our control and a perpetual moving target that never stands still long enough for us to grasp.

2. Money: Isn't it fascinating that no matter what we earn, we somehow feel we never have enough? The question is how much money do you really need to bring about the life experiences that will truly fulfill you?

3. Freedom: We want to "feel" free, yet are scared to muster the courage to do what's necessary to "become" free. What is necessary to experience freedom - following your own authentic Christian values and beliefs, and building strong boundaries to protect yourself from what others will tell you is right for you or try to force on you.

4. Peace: Attaining peace is a practice that we need to cultivate and commit to with God's help. Peace today will never just fall in our laps; it's too chaotic a world. We have to carve out space within ourselves and in our lives to bring forward the experience of peace, then do the work to expand peace as a feeling and experience that we'll commit to daily, regardless of what's around us.

5. Joy: The process of stepping up to our highest potential and honoring our best visions for contributing to the world in a meaningful way may

Emmaus: What do you long for? (continued from page 1)

pave the way for more joy. We simply can't feel joy in our lives if the work we do pains us. We're not able to effectively separate who we are from what we do.

6. Balance: We must understand clearly what our top life priorities are: God, home, country, and defend and honor those priorities. It takes understanding our non-negotiables (what you won't compromise on, what you won't say "yes" to), and then living from that knowledge and making the right decisions that align with your top life priorities.

7. Fulfillment: Fulfillment is possible when you are filling up your cup, honoring your own potential, not forsaking yourself. Fulfillment comes when you take bold actions that say "yes" to the future vision of you, even well before it's "hatched."

8. Confidence: It's a tough world out there, but there are many ways we can stay true to our gifts and capabilities, and build our confidence. We need to believe in ourselves and our God without fail, despite the evidence around us that says we're not "ready" to soar.

9. Stability: NOTHING outside of us is "secure or stable." Only our faith in God and ourselves remain stable. And how you choose to react to what comes your way - that's what may bring stability.

10. Passion: What we may mean when we say, "I want to feel passionate about my work" is: We want to feel alive, not exhausted, beleaguered and demoralized. We want to feel that there's a reason we're on this planet, a reason for the talents and abilities we were given at birth and have cultivated. We want to believe that we're here for a purpose and finding that purpose will give our lives the meaning and passion we're missing. What is God's intent in having us here, now?

What is it that you long for? How do we attain

what we may be seeking? Emmaus 2018 addresses what we may long for and how we may be more successful in attaining whatever it is — through a better understanding of ourselves and God's love for us. Consider attending the 2018 Emmaus weekends — it may help in dealing with and attaining what you are longing for!

"Just as the traveler's on the road to Emmaus had their ears and hearts opened, my experiences with the Emmaus weekends have opened my eyes and ears and have softened my heart. Through these weekends, I have created new friendships, developed a greater sense of community, strengthened my faith and reconnected with myself. The weekends encouraged me to pause, reflect and embrace the present, all while fostering a deeper relationship with God.

Despite my initial fears of the many unknowns, I will always be grateful I said "yes" to Emmaus," says Jackie Stoffel.

"The Emmaus experience is like one beautiful surprise after the other, imitating God's unconditional love and multitude of blessings in our lives. The people you meet and the friends you make in this special community and throughout the experience of an Emmaus weekend are life-long. The time spent with God is so unique and I encourage you to give this wonderful and relaxing weekend a try!" encourages Maria Steinlage.

"If I could sum up the Emmaus experience in one phrase it would be: God is truly alive in each and every one of us. I have experienced the unconditional love and presence of God not only through the process of the weekend but also in the team and candidates. Emmaus is truly the Body of Christ or the living Church in action," says Terry Gross.

Emmaus Women's weekend: March 2-4, 2018

Emmaus Men's weekend: March 9-11, 2018

You're speaking my love language!

In February 2018 St. Anthony will host an evening to discuss Gary Chapman's book *The Five Love Languages: How to Express Heartfelt Commitment*.

The deacons of the Archdiocese of Dubuque offer programming to parishes to help people understand the ways in which they offer love to others and the ways that they receive love in return.

Parishioner Jen Even says, "I believe love languages are a great resource for not only understanding others and what makes them feel appreciated but also what fills your cup and makes you feel loved."

The evening is being developed with couples in mind but the ideas apply to all the relationships of our



lives no matter the relationship. The final details are being finalized and will be in the bulletin soon; this is an event that could change your life and the lives of the people around you for the better.

***O Christmas tree,
O Christmas tree,
St. Anthony's is so giving!***



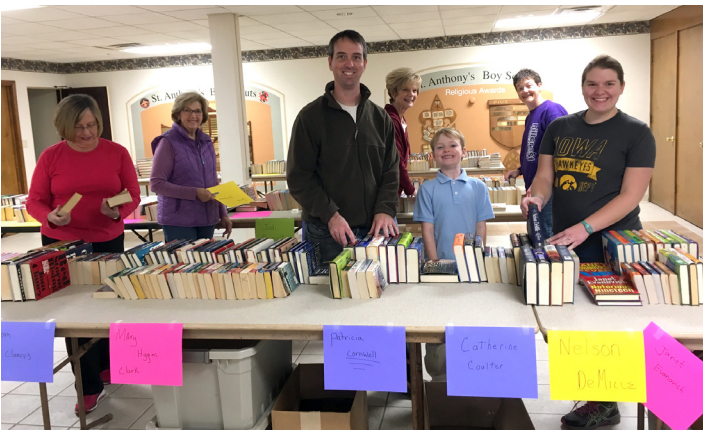
The St. Anthony Christmas Giving Tree tradition continued in 2017! The simple act of giving allows us to practice the love of others Jesus taught and Christmas provides an easy venue for helping put "Christ" in Christmas! Thanks to everyone who administered this program and to all who made it a success once again!

Used Book Sale 'takes away hunger'



The annual St. Anthony Used Book Sale in November 2017 for Take Away Hunger was a GREAT SUCCESS in that it raised \$1,958 for the Take Away Hunger Program.

Then on the first Sunday in December 2017, parishioners were able to do a food packaging event that resulted in 46 boxes packed, which will be shipped by Take Away Hunger Iowa to areas in need of food, domestic and foreign. Great job, St. Anthony Parish!



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